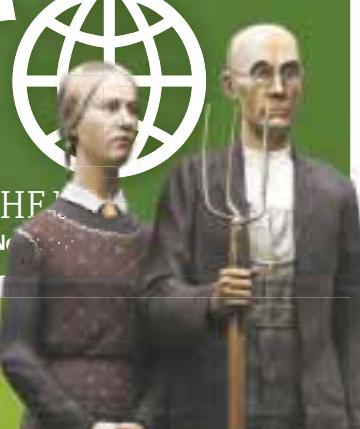


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Wednesday, March 7, 2018 metro.us | t: MetroNewYork | f: MetroNewYork



What are the perks of Airbnb Plus? 14

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CHEER UP, GUYS! YOU'RE IN NYC

The 'best-known work of 20th-century American art' hits the Whitney. 12

ARE YOU GENTRIFIED?

These New York City neighborhoods are among the nation's fastest-gentrifying ZIP codes since 2000. Did yours make the cut? 4

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NIKKI M. MASCAL, REPORTER

Many big cities in the U.S. face gentrification, but arguably not as much as right here in New York City, where gentrification has been a hot-point issue for years. The city is home to seven of the top 20 fastest-gentrifying ZIP codes since the year 2000, according to a recent study from RentCafe. To find out if your neighborhood made the cut, turn to page 4 or visit [metro.us](#).

US SAYS NY AND NJ MUST PAY MORE FOR TUNNEL

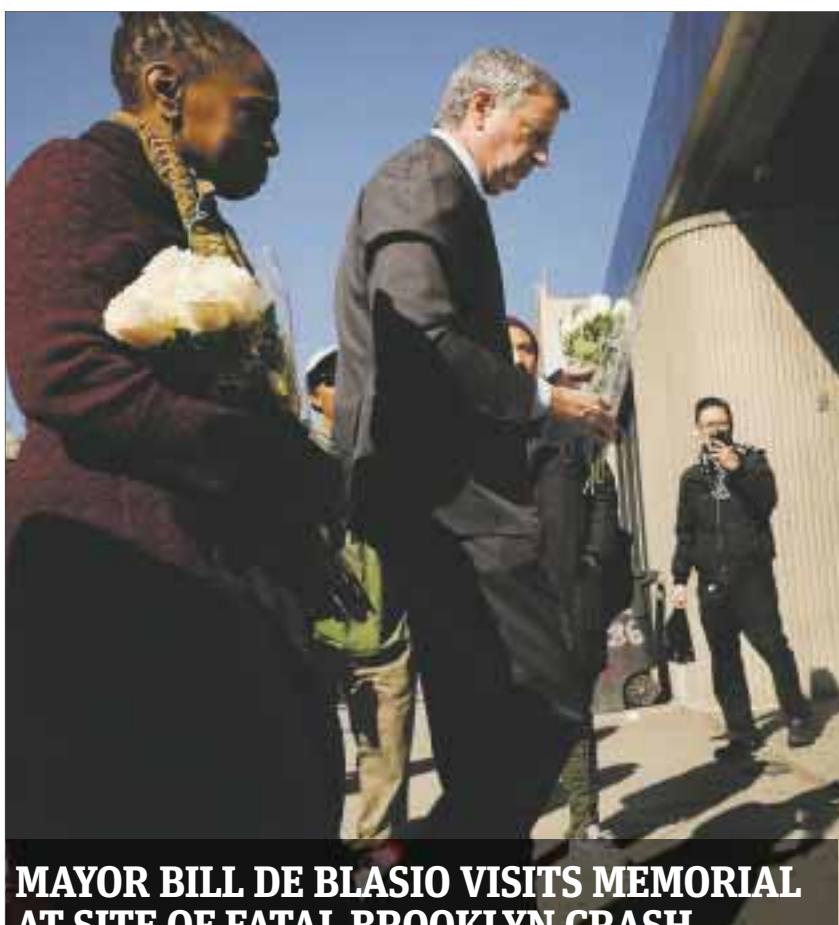
I New York and New Jersey must shoulder more of the costs to build a transportation tunnel under the Hudson River, Transportation Secretary Elaine Chao said on Tuesday while confirming that the Trump administration was opposed to Congress financing the project. "New York and New Jersey have got to up their local share," Chao said at a contentious hearing in the House. "New York and New Jersey are two of the richest states

in the country. ... They need to step up." In July, a House panel backed \$900 million in new funding for the tunnel, which is essential for transportation in the Northeast. Political wrangling over the project stretches back more than a year. A congressional aide said on Tuesday that President Donald Trump urged Speaker Paul Ryan last week not to include funding for the \$30 billion so-called Gateway Project in a pending government spending bill.

WH ADVISER COHN QUILTS AMID TARIFF DEBATE

2 Top White House economic adviser Gary Cohn, a Wall Street banker who opposes hefty steel and aluminum tariffs planned by President Donald Trump, said on Tuesday that he was resigning. "It has been an honor to serve my country and enact pro-growth economic policies to benefit the American people, in particular the passage of historic tax reform," Cohn said in a statement issued by the White

House. His departure as director of the National Economic Council came after a little more than a year on the job. Trump's announcement last week of his plans to impose the tariffs sent U.S. stock prices tumbling and came after an intense debate within the White House between Cohn and other advocates of free trade, on one side, and protectionist advisers such as Peter Navarro on the other, White House sources said.



MAYOR BILL DE BLASIO VISITS MEMORIAL AT SITE OF FATAL BROOKLYN CRASH

3 On Tuesday, March 6, Mayor Bill de Blasio was joined by his wife Chirlane McCray at a memorial at the site of an accident in Brooklyn where two small children were killed Monday. [Read more about the crash on page 5.](#)



GETTY IMAGES

US TO COUNTERACT ANY 2018 ELECTION MEDDLING

4 President Donald Trump said on Tuesday there was interference by Russia and probably by other countries in the 2016 election, and the U.S. would counteract any attempt at meddling in the November 2018 elections. "Well, the Russians had no impact on our votes whatsoever, but certainly there was meddling and probably there was meddling from other countries and maybe other individuals," Trump said at

a news conference on Tuesday. "We're doing a very, very deep study, and we're coming with some ... very strong suggestions on the '18 election. ... We'll counteract whatever they do." Director of National Intelligence Dan Coats insisted on Tuesday that the administration is "actively engaged" in countering Russian efforts to influence the November elections, even as he warned of Moscow's continuing "malign activities."

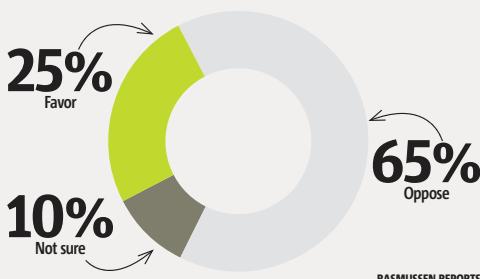
TRUMP: NORTH KOREA 'SINCERE' ON NUKE TALKS

5 Feeling the pressure of sanctions, North Korea seems "sincere" in its apparent willingness to halt nuclear tests if it held denuclearization talks with the United States, President Donald Trump said on Tuesday as U.S., South Korean and Japanese officials voiced skepticism about any discussions. Trump declined to say whether he had any preconditions for talks with Pyongyang as officials responded with caution

and guarded optimism to the possibility following months of insults and threats of war between Trump and North Korean leader Kim Jong Un. "I think they're sincere also because of the sanctions and what we're doing with respect to North Korea, including the great help that we've been given from China," Trump said at a news conference on Tuesday after meeting with Prime Minister Stefan Lofven of Sweden.

FELONS VOTING

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Gentrification has not only been a hot-point issue in NYC for years, it's also home to seven of the Top 20 fastest-gentrifying ZIP codes since the year 2000, according to a recent study from RentCafe. iSTOCK

New report: NYC has more gentrified ZIP codes than anywhere else

Seven city ZIP codes — five in Brooklyn and two in Harlem — made RentCafe's ranking of the 20 fastest-gentrifying ZIP codes since 2000.

 **NIKKI M. MASCALI**
nikki.mascali@metro.us

Gentrification is something many cities across the U.S. face, but arguably not as much as here in New York City, where it's not only been a hot-point issue for years, it's also home to seven of the Top 20 fastest-gentrifying ZIP codes since the year 2000, according to a recent study from RentCafe.

Five of those ZIP codes — 10039, 11211, 11222, 11216, 11237, 10026 and 11221 — are in Brooklyn, and two are in Harlem.

RentCafe used three data points from the 2000 Census and the 2016 American Community Survey to compile its study of 11,000 ZIP codes across the country: the median home value, the median household income and the population holding a bachelor's degree or higher.

Los Angeles' 90014 ZIP code topped the list, with Washington, D.C. (20001), Houston (77003), Philadelphia (19123) and Manhattan (10039) rounding out the Top 5. Brooklyn's 11211 ranked seventh, while the borough's 11222, 11216, 11237 and 11221 ZIP codes took the ninth, 10th, 14th and 17th slots, respectively. Manhattan's 10026 ZIP code ranked 15th.

10039, which covers East Harlem from about 145th Street to 163rd Street, saw a 356 percent rise in home values, a 32 percent rise in household income and a 168 percent change in education.

In 11211, in Wil-

liamsburg and East Williamsburg, home values jumped 167 percent, while household incomes rose 79 percent.

Greenpoint's 11222 ZIP had a 116 percent rise in home values, a 56 percent jump in household income and a 97 percent increase in education.

Home values in the Prospect Park-adjacent 11216 leapt 194 percent between 2000 and 2016, while incomes rose 48 percent.

The ZIP code 11237, which includes parts of Bushwick and Ridgewood, had home values jump 111 percent, incomes rise 43 percent and education rise 125 percent, while home values in Harlem's 10026 ZIP saw a 219 percent rise and a 92 percent increase in education.

The ZIP 11221, which serves Bushwick and Bedford-Stuyvesant, saw values and incomes rise 130 and 39 percent, respectively.

While many attribute the continual rise in housing prices and changing demographics to gentrification, it's only part of a broader picture.

"Harlem's black population has been aging and moving elsewhere for many decades, while new immigrant populations are also moving in alongside young white [and black] professionals," John Mollenkopf, a political science and sociology professor at CUNY, wrote last year in "The Evolution of New York City's Black Neighborhoods."

His paper looked at Central Harlem and Bed-Stuy, both of which "took a striking jump as the native-born black household populations fell sharply," he wrote. "But the decline in the black population and the rise in the white population is only part of the story, because immigrant black, Latino and Asian populations also grew strongly."

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Driver in fatal Park Slope crash likely won't face charges due to medical condition



The 4-year-old daughter of Ruthie Ann Blumenstein, seen here in her Tony-winning role in "The King and I," was killed in a Park Slope crash. [GOFUNDME](#)

The driver who fatally struck two young children and injured three adults, including their mothers, at a Park Slope intersection Monday afternoon will likely not face charges due to a medical condition, an NYPD source told the New York Daily News Tuesday afternoon.

According to officials, Dorothy Bruns of Staten Island drove her Volvo through a red light at the intersection of Ninth Street and Fifth Avenue around 12:40 p.m., striking a 46-year-old man and Ruthie Ann Blumenstein and Lauren Lew, who were walking with their children, 4-year-old Abigail Blumenstein and 1-year-old Joshua Lew.

Blumenstein, a pregnant Tony-winning actress who uses the stage name Ruthie Ann Miles, was seriously injured.

Bruns attempted to flee after the hit-and-run, dragging Joshua Lew's stroller down the block before she crashed into several cars on Ninth Street, where bystanders stopped her. She had been cited for running red lights four times within the past two years, police said, according to the New York Daily News, and her vehicle had also been cited for speeding in a school zone four times during that same time period.

Bruns told authorities at the scene that she has medical issues, which officials are currently investigating, NBC4 reported. She has not been

charged for the crash and was still at NYU Langone Hospital-Brooklyn early Tuesday, according to the Daily News.

A police source told the publication that Bruns had two strokes recently, and a former neighbor said she has multiple sclerosis, which can cause seizures, which she may have suffered at the time of the crash, the police source said.

"This very tragic incident is under active investigation, and we are looking into all aspects of this case," a spokesman for the Brooklyn district

the obvious: This loss of life is tragic and painful for all of us, particularly those of us who are parents."

De Blasio's private Park Slope residence is nearby, and he said he knew the intersection "very, very well." According to city records cited by the Daily News, there have been 10 traffic-related injuries at the intersection since 2014, and a pedestrian was killed there in 2016.

"It's another reminder of why we have to redouble our efforts on Vision Zero to work to the day when this never happens to any family," de Blasio said.

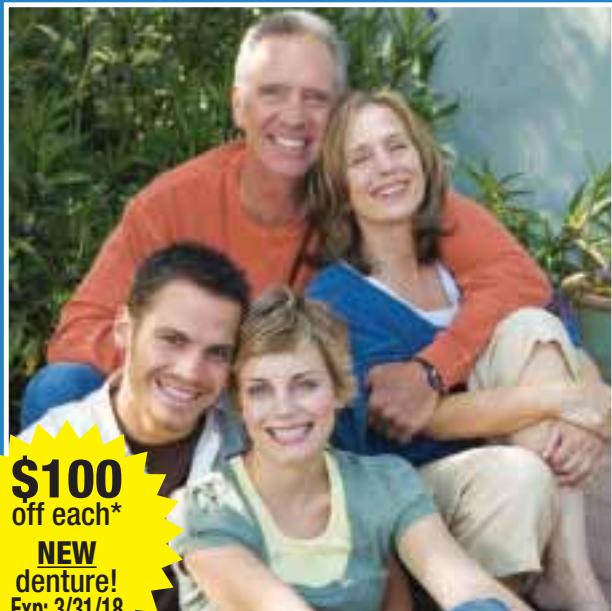
Department of Transportation spokesman Scott Gastel said the agency will "immediately review the area for any safety improvements."

Brad Lander, the area's city councilman, told the Daily News the tragedy is "a parent's worst nightmare. Of course we should do everything we can to make our intersections safer, and we can make this intersection safer for sure, but no intersection redesign was going to keep those kids safe in that intersection when somebody goes straight through a red light."

"It's really, really sad what happened today," Mayor Bill de Blasio said Monday afternoon. "The driver is in NYPD custody. We do not know exactly what happened yet, there's a full investigation underway. But I will state

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New York Dreamers share their stories

New York AG Eric Schneiderman released videos on Tuesday featuring just a few of the 42,000 Dreamers in New York.



KRISTIN TOUSSAINT
kristin.toussaint@metro.us



New York State Attorney General Eric Schneiderman is still fighting for Dreamers. GETTY IMAGES

In New York, there are 42,000 Dreamers, and Attorney General Eric Schneiderman is helping share their stories.

Dreamers are enrolled in Deferred Action for Childhood Arrivals (DACA), the Obama-era policy that protects those who came to the U.S. as children.

President Donald Trump announced in September the end of DACA, leaving the nearly 800,000 Dreamers nationwide to face an uncertain future.

Following that an-

nouncement, Schneiderman and 15 other Attorneys General filed a lawsuit to protect DACA grantees. Last month, they won an injunction blocking Trump's move.

"Dreamers are New Yorkers," Schneiderman said in a statement. "They deserve to stay here — and if Washington refuses to protect them, we will keep fighting for them in court."

In the wake of that court decision, Schneiderman released new videos

online featuring New York Dreamers.

One, Ricardo Aca, was a former employee of the Trump SoHo Hotel.

"Because of DACA, I was able to get a job legally at one of Trump's hotels, so I know from personal experience that it is because of immigrants myself that cities like New York even run," Aca said in a video. "All we need is your support and to take action so you can protect us from the Trump administration."

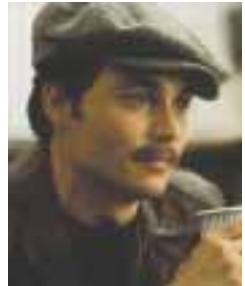
New study: Europeans are really into New York and Boston accents

European travelers think people from New York and Boston have sexy accents, according to a recent poll and quiz.

Linguistics experts from the language-learning app Babbel put together seven distinctive American accents: Bostonian, Southern, Midwestern, Minnesotan, New Yorker, Southern Californian and Texan. They partnered with Generator Hostels and asked more than 400 European hostel workers and asked them to pick which area has sexy accents.

According to the results from their poll, Europeans think people from areas in the Deep South, New York and Boston all have sexy accents.

According to the results of the poll, 20 percent of European foreigners have a thing for people with heavy Southern accents. Second on the list was the New York accent, followed by the Boston accent.



Johnny Depp as Joe Pistone in "Donnie Brasco" had a prominent New York accent. GETTY IMAGES

Most attractive and sexy accents, according to Europeans

1. Deep South (20 percent)
2. New Yorker (18 percent)
3. Bostonian (17 percent)
4. Southern Californian (16 percent)
5. Texan (14 percent)
6. Midwestern (10 percent)
7. Minnesotan (5 percent)

Their findings showed that Brits and Swedes are really into the Southern

Californian accent.

The survey results showed that French people (57 percent) and Italians (19 percent) think New Yorkers have sexy accents, while Germans (30 percent), Spaniards (27 percent) and Dutch people (26 percent) are really into the Boston accent.

As for the Deep South accent, the only reason it was ranked No. 1 in the survey is that Ireland had a strong influence on the vote. They found that 31 percent of Irish people who took the survey thought people from the Deep South have sexy accents.

Babbel looked at the data and determined that the rankings can change depending on the country of the person taking the survey.

According to Babbel, of the hostel workers surveyed, British, French, Spanish, Italian and Dutch people voted the Minnesotan accent as the least attractive. LENON WHITAKER

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A large advertisement for Cutter & Buck. The top half shows a man and a woman sitting on a large, light-colored rock in a natural, possibly coastal, setting. The man is wearing a dark vest over a blue shirt and jeans. The woman is wearing a light-colored top and dark jeans. In the background, there's a body of water and some distant hills. The bottom half of the ad features the Cutter & Buck logo, which consists of a stylized 'C' and 'B' in red and blue, with the text 'CUTTER & BUCK' in a bold, sans-serif font. Below the logo, the text 'American Sportswear' and the website 'www.cutterbuck.com' are visible.

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"The Strangers: Prey at Night" is a terrifying tale based on actual events.



GREGORY WAKEMAN

Gregory.Wakeman@metro.us

A family takes a road trip, off the beaten path and in the off season. Sounds innocuous enough. That is until a ragtag pack of murderous strangers in masks begins to wreak havoc. It's a scary movie, but one of the scariest parts is that we're told from the start that it's "based on true events." Makes those boring breaks with mom and dad

sound like heaven.

Metro wanted to get to the bottom of what actually transpired, so we spoke with director Johannes Roberts to learn more about his idiosyncratic horror film.

Really? Like, this actually happened? That's chilling.

Brian Bertino, who wrote the screenplay, actually had the same exact things happen to him in terms of [a mysterious] girl coming up to [his] house and knocking at the door. Then there were all these burglaries around his house. Then he mixed that in with Charles Manson stuff.

That's really where all of the inspiration came from for him. Brian wrote the first "The Strangers" movie, too, and they're both the same sort of event.

This feels like a very different kind of horror movie.

We approached it in a slightly different way to how I've done things before. I really tried to avoid making this a "jump, scare" movie. We really let you see the horror first, and the characters don't. Rather than [have] things leap out at you, a lot of the techniques were us

showing the headlights and the Strangers and

way.

What attracted you to the movie?

I loved the first one, and I really wanted to make a movie styled like John Carpenter [legendary director of hits like "The Thing," "Halloween" and "Escape from L.A."]. What I really responded to was that this was my opportunity to go really retro. I wanted to make "Christine." I wanted to make "The Fog." So I brought those movies into the mix. We had a lot of fun using old techniques and tunes.

The randomness of the

attack portrayed, and the fact that this actually did happen, seems kind of ... timely?

Yeah, the world is currently a very terrifying place. Especially in America. But the movies I love are the John Carpenter horror films of the '80s. And the power of them was always the fact that they never explained why the murders were happening, which put the emphasis of the movie on how the characters are surviving this rather than back-plot. When there's no reasoning it's much more frightening.

"The Strangers: Prey At Night" is released on March 9.



Director Johannes Roberts talks terror. GETTY

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Despite a promising premise, the series — which stars Agyness Deyn and Jim Sturgess, above — gets tangled up in a bunch of subplots.

ALL PHOTOS HULU

'Hard Sun' is a convoluted mess

More like hard pass.


RACHAEL VAUGHAN
CLEMMONS
rachael.clemmons@metro.us

I'll give it to you straight: "Hard Sun" is ambitious, ultra-violent and bleak as hell — but it isn't quite worth watching.

The series, which debuts on Hulu today, was penned and created by Neil Cross, the writer-producer behind "Luther." But don't get your hopes up: As badly as "Hard Sun" wants to be characterized as a dystopian thriller, it's mostly just a supremely violent, very convoluted episode of "Law & Order" with English accents.

The title itself describes a world extinction event, where the sun — so tired of being the center of the universe — up and dies. In five years, life on Earth will be wiped out. But instead of focusing

on pre-apocalyptic fare, "Hard Sun" pivots and focuses on serial killers and the cops chasing them.

At its center is Detective Chief Inspector Charlie Hicks (Jim Sturgess) who consistently makes poor, incomprehensible decisions for no reason other than they move the most inconceivable of the subplots along. But only on a surface level. Hicks' motivation for being the police force's biggest jerk seems to be that he's just another scummy antihero behaving badly, in the vein of the Luthers and Don Drapers before him. As if we don't get that men have a history of taking what they want, when they want it.

Hicks' new partner, Agyness Deyn's Detective Inspector Elaine Renko, is better, but not good enough to save the series. She has the requisite tortured past and is morally opposite from Hicks in every

way. For Renko, Deyn hunches her shoulders forward at all times, the weight of the world settled firmly on her shoulders. She's a good guy, and "Hard Sun" wants to make sure you know it — like when she dons a pair of brass knuckles before hand-to-hand combat. Because, didn't you know? Guns are just for the bad guys. This isn't America, after all.

But even with two very distinct characters, the series falters. That's because bold as it is to take what could be a very good, very successful premise and get carried away with the gory minutiae of it all instead, it's not very interesting. Who'd have thought?

Though it's tempting to keep on with "Hard Sun" to see where its myriad plots will go, it's not worth it. Maybe spend six hours bingeing anything else instead.

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Why Are Chronic Neck And Back Pain Newest Treatments Better?

Previously Failed and The Most Difficult Cases

Fraction of the cost, less medical risk, no addictive drugs, little to no downtime
Hundreds of worst pain sufferers from tri-state area calling just

NYC Pain MD is a clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get further into this:

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of

their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy:

"Radiofrequency Neurotomy" is often referred to as RF for short.

Just what is "RF"?

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced medical imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

Like all real medical procedures... results vary for individual patients.

No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "impairs" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months.... 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" ... it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again? able to finally get a goodnight's sleep again? How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and *is not surgical*.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti -

inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers.

All the NYC Pain MD treatments can be done in our in-office procedure suites saving you stress, time and dollars.

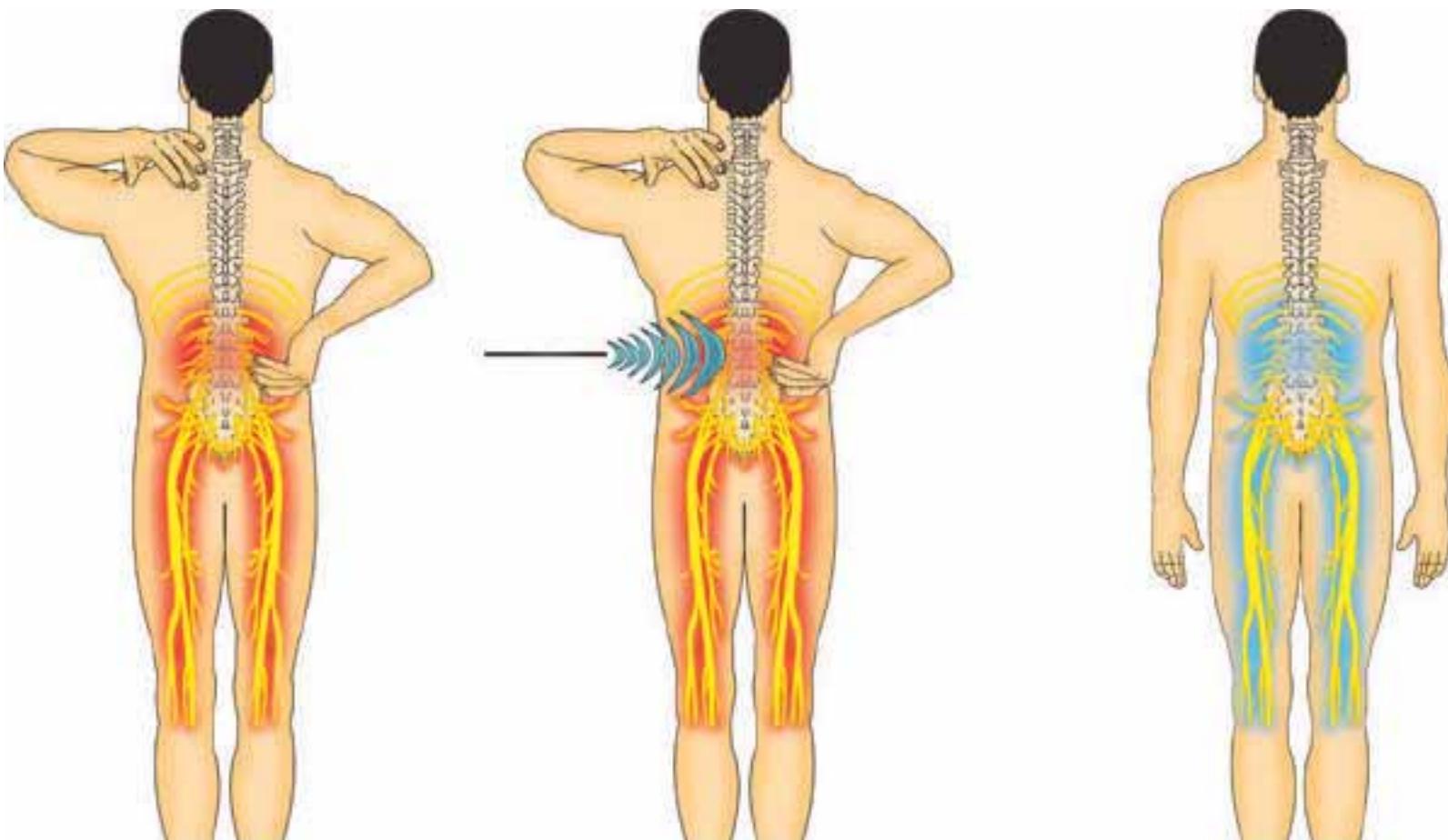
NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

Neck Pain Victims Choosing These Before Drugs or Surgery?

Difficult Cases Finally Have Options

*and often covered by insurance amongst top reasons for high patient demand...
for No-cost screening to find out if they qualify for treatment*

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many

Your Invitation

NYC Pain MD offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the edge treatments offered at NYC Pain MD.

If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."

There are limited openings for these screenings and they fill up fast every month. If you do not call in time to get one this month, the

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Many of the treatments offered are covered by many insurance plans and even traditional medicare.

Call 877-503-8540 for your free screening and find out if you can get out of pain today.



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American Gothic's dark story

See the painting now at the Whitney Museum.

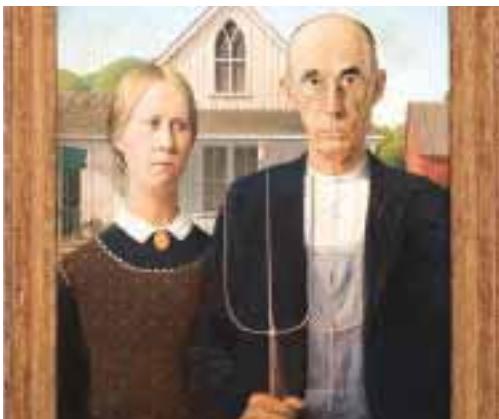
"American Gothic," a portrait of a dour-looking man with a pitchfork and a woman standing in front of a barn, catapulted painter Grant Wood to instant fame when it was unveiled in 1930.

The Whitney Museum calls it nothing less than the "best-known work of 20th-century American art," and it's taking a rare trip from Chicago for the retrospective exhibit "Grant Wood: American Gothic and Other Fables," open now through June 10.

His signature style combines his experience as a metalworker, French Impressionist painter and decorative craftsman to create works that were intentionally humble in style and subject.

But within the flat colors, sharp angles and serene people in Wood's portraits lurks something darker, too.

"The enduring power



The idyllic landscapes of Grant Wood aren't as simple as they seem. GETTY

of Wood's art owes as much to its mesmerizing psychological ambiguity as to its archetypal Midwestern imagery," says curator Barbara Haskell.

"An eerie silence and disquiet runs throughout his work, complicating its seemingly bucolic, elegiac exterior."

The vistas in Wood's world are an idealized version of his 1890s childhood in Iowa, spent growing up on a farm. While

part of why he chose this setting was to recapture that time in his life, the comforting scenes were also a way to deal with the isolation of being a closeted gay man.

As Haskell puts it, "Wood created hypnotic works of apprehension and solitude that may be a truer expression of the unresolved tensions of the American experience than he might ever have imagined." EVA KIS



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INTEGREVIEW



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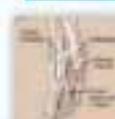
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Learn more: Meet with EHLS staff in NYC this week!

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Queens Library at Broadway: 2 - 4 p.m.

Thursday, March 8

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Friday, March 9

Grand Central Library: 12 - 1:30 p.m.

Queens Library at Jackson Heights: 4 - 6 p.m.

Saturday, March 10

Queens Library at Woodside: 11 a.m. - 1 p.m.

96th Street Library: 3 - 4:30 p.m.

Sunday, March 11

Queens Library at Flushing: 12:30 - 4 p.m.

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Cooking techniques every home chef should master

6

Master the basics so you can "adult" better.



KATE MOONEY
kate.mooney@metro.us

If you want to get better at cooking at home but aren't sure where to begin, a new cookbook can provide you with a good starting point. "Six Basic Cooking Techniques: Culinary Essentials for the Home Cook" breaks down the most need-to-know skills to give you the confidence to prepare anything you need in the kitchen.

The "culinary manual" is written by Jennifer Clair, the founder of Home Cooking New York, a culinary school based in SoHo. The Institute of Culinary Education (ICE) grad worked in food media



home

Among the essential cooking techniques: how to make a flavorful pan sauce. PROVIDED

for over a decade (as a food editor at *Saveur* magazine and a cookbook editor at Martha Stewart) before founding HCNY in 2002.

"Six Basic Cooking Techniques," which marks her return to the written word, is an extension of Home

Cooking New York's most popular class of the same name. In companionship with or in lieu of the class, it can be used as both an instructional manual and an actual cookbook, as each technique is also paired with recipes.

So let's get just a

taste of her techniques to master.

Knife skills

Whether you're chopping vegetables or carving meat, any home cook is lost without the proper technique for wielding a knife. In this section, Clair instructs

readers on knife essentials, including "how to hold it, how to mince, how to dice, how to julienne, how to work with garlic, how to sharpen it."

Cooking meats

"How do you make a piece of meat that's nice and brown and crusty and delicious, but not overcooked?" According to Clair, the approach is the same, no matter if you're preparing chicken, pork or steak. "A, brown it so you caramelize it on the outside and then B, cook it properly to temperature," she explains. She's a firm believer in using a thermometer instead of cutting into meat to tell if it's done. "It's imprecise, you lose so much juice and you really can't tell by the color," she says.

Making flavorful pan sauces

This section shows you how to make a sauce

from the drippings left behind in the pan you just perfectly cooked meat in. You'll learn how to create a reduction by adding liquid (broth, water, or wine) until it thickens, or make a gravy by creating a roux (a mixture of fat and flour).

All about veggies

The final three chapters of the book instruct on how to properly cook every vegetable in the supermarket. Clair takes readers through "blanching," a quick-cooking method whereby you add vegetables to boiling salted water for just a few minutes, "roasting," by applying hot and dry oven heat, and everything you need to know about how to sauté and season leafy greens.

"Six Basic Cooking Techniques: Culinary Essentials for the Home Cook" is available on Amazon and in stores nationwide.



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Boston Scientific Corporation has sponsored funding for this patient seminar and accompanying educational material.



1. DiMeo PJ. Psychosocial and Relationship Issues in Men with Erectile Dysfunction. *Urologic Nursing*. 2006 Dec; 26(6):442-453.



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What are the perks of Airbnb Plus?

Get access to high-end home rentals on the site's new premium brand.



SAM BRODSKY
Samantha.Brodsky@metro.us

It's been a decade since Airbnb debuted in 2008. And now, it's created Airbnb Plus, a service for all-star rentals that meet a 100-point quality checklist. Here's what you need to know.

What is Airbnb Plus?
"Airbnb Plus is a new selection of only the highest-quality homes with hosts who are known for great reviews and attention to detail," the company wrote in a Facebook post.

This means that whether it's a chic flat in London or a modern Milan home, the kitchen is stocked with cooking essentials, the décor is on point and all appliances are up to par and working. Plus, customers will also have access to a fast-acting, reliable support team if needed.

Airbnb's chief executive, Brian Chesky, told The New York Times that since starting in 2008, "we have evolved, but we think we can go much further and offer something for everyone. Some travelers want predictability and certain comforts, and Airbnb Plus will give them these."

To set the standards for this list of premium homes, Chesky said that Airbnb owners with the highest ratings were asked "what they did to earn those ratings, and [we] discovered that they all had well-stocked homes and delivered a consistent experience to their guests."

How do I know if an Airbnb is on Airbnb Plus?
Just look for the "PLUS" badge under the listing.

Where are these Airbnb Plus homes?
This service is debuting with more than 2,000 homes, according to The New York Times, and for now, it's limited to 13 cities such as Toronto, Milan, Shanghai and Los Angeles. However, these numbers will reportedly raise to 75,000-plus in more than 50 cities by the end of this year.

Does this mean an Airbnb Plus home costs more?
Yes. The New York Times reports that the average nightly rate of a standard Airbnb is \$100. A rental on Airbnb Plus goes for an average nightly rate of \$200.



Brandon Nimmo looks to be forcing his way into the Mets' Opening Day starting lineup. GETTY IMAGES

Nimmo making strong leadoff push

The outfielder's hot start to spring training is making him a favorite for the leadoff spot on Opening Day.

 JOE PANTORNO
joseph.pantorno@metro.us

The last time Brandon Nimmo was gaining headlines this offseason, it was because of the Mets' refusal to trade him as a part of a deal for either Andrew McCutchen or Josh Harrison.

Now three weeks into spring training, Nimmo is grabbing attention with his bat thanks to a hot start to spring training. It's made him a favorite for the team's leadoff role come Opening Day.

Had the Mets been fully healthy, his nice start wouldn't have mattered considering the team's outfield was set with Yoenis Cespedes in left, Michael Conforto in center and Jay Bruce in right. But Conforto's continued recovery from a dislocated shoulder has created an opening for the starting center field job, a role Nimmo is running away with considering Juan Lagares has been bothered by hamstring issues.

In his first 18 at-bats of spring, the 24-year-old was batting .389 with a .455 on-base percentage, two home runs and five RBI. He showed off his power on Monday against the Detroit Tigers, taking the first pitch he saw out

over the right-center field wall for a lead-off round-tripper.

While the power is promising, the most important number might be his on-base percentage. Last year, New York was below the major-league average with a .320 mark and among qualifying batters, Conforto and Asdrubal Cabrera were the only Mets to have an on-base mark of over .350.

It left the team without a true leadoff man to set the table for an offense predicated on the long ball. Despite ranking seventh in the majors with 224 home runs, the Mets were 18th with 4.54 runs per game.

With Conforto sidelined until at least May 1, Nimmo will have almost five weeks to prove to the Mets that he should continue receiving regular playing time at the major-league level. Something he's been unable to do in his first two MLB stints. Much of that had to do with the logjam of outfielders within the roster, allowing Nimmo to play only when the injury bug hit.

With a patient approach at the plate, Nimmo could develop into the Mets' answer at the top of the order if he continues to impress new manager Mickey Callaway.

"He's a patient hitter. He's always been that," Callaway said via Dan Martin of the New York Post. "But now it looks like he's attacking that pitch when he gets it, too. Pitchers know he's

gonna be patient and if they groove one, now he's gonna attack it. It becomes a dangerous combination."

All this might be taken with a grain of salt considering that it's only spring training. Anyone who has regularly watched baseball has been told at some point in their lives not to take much stock in preseason given the dilution of talent.

But Nimmo has been putting up these numbers against solid pitching. According to Baseball-Reference's quality of opposing pitching's metric, which ranks from 1 to 10 — 1 being rookie ball and 10 being a "full-time major leaguer" — Nimmo has faced a combination of pitchers averaging a marking of 8.0. Only eight players across the majors with as many or more than Nimmo's 22 plate appearances have faced a better quality of pitching this spring training.

Should New York's offense start firing on all cylinders with Nimmo, it would force Callaway to find a way to keep the Wyoming native in the lineup upon Conforto's return.

One way to do that is by giving Jay Bruce days at first base to relieve Adrian Gonzalez, should Dominic Smith start the year in Triple-A. Should Gonzalez struggle on his league-minimum deal, the Mets could move Bruce to first full time and give Nimmo the starting job in right field.



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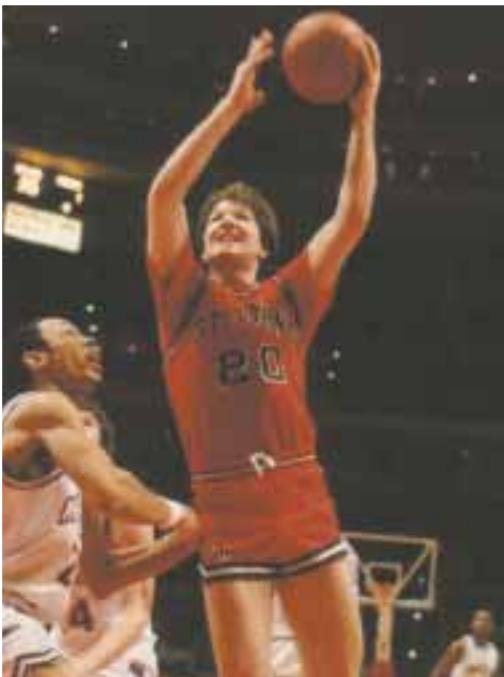
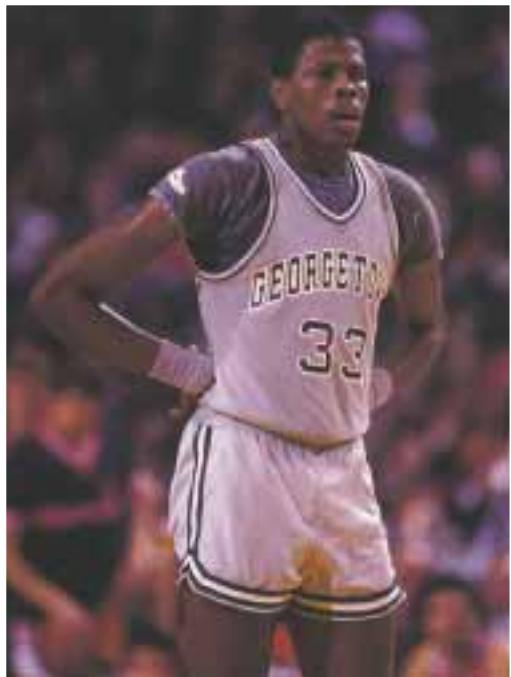
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16 SPORTS

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WEDNESDAY, MARCH 7, 2018



Patrick Ewing (left) and Chris Mullin (right) face off in the Big East Tournament for the first time since 1985. GETTY IMAGES

Old Big East rivalry gets renewal



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(4-14 BIG EAST)

BIG EAST SEEDING
9

LEADING SCORER

SHAMORIE PONDS

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RECORD
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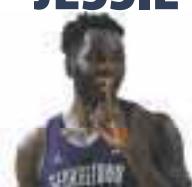
BIG EAST SEEDING
8



LEADING SCORER

JESSIE GOVAN

17.5
PPG



Now as coaches, Ewing and Mullin meet in the Big East tourney Wednesday night (7 p.m. ET, FS1).



JOE PANTORNO
joseph.pantorno@metro.us

The Big East is a shell of what it was during the glory years of the 1980's.

With colorful characters, headlining matchups and national-title contenders every year, one of college basketball's most powerful leagues has been reduced to a fringe power conference.

Villanova's national title two years ago served as a reminder that elite basketball can still be found in the Big East.

This year, the Wildcats and Xavier are the two programs that will be competing for No. 1 seedings at the NCAA Tournament, but one of the most attractive matchups, from a nostalgic New Yorker's point of view, is the first-round meeting between Chris Mullin's St. John's and Patrick Ewing's Georgetown.

Two of the best talents in their respective program's histories, both Mullin and Ewing

are head coaching their alma maters, though neither the Red Storm and Hoyas are any sort of threat for a conference title or NCAA berth.

The two programs went a combined 9-27 in conference play this season as both coaches attempt to rebuild the once-proud programs.

Georgetown hasn't made a Final Four since 2007, its only trip to college basketball's biggest stage since Ewing guided the Hoyas to three appearances in four years, including a national title in 1984.

It's been even worse for St. John's, which hasn't made a Final Four since 1985, Mullin's final year at the Queens school.

During their playing days, Ewing's Georgetown swept Mullin's St. John's at the Big East Tournament and took the 1985 Final Four meeting as well. In fact, Ewing took eight of 12 meetings from Mullin from 1982-1985.

At least for one night though at Madison Square Garden, Big East fans will get to relive one of the conference's most famous rivalries, even if the star players are on the bench.

Here is how the two programs stack up ahead of Wednesday night's clash:

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NOTICE OF SALE

SUPREME COURT:
QUEENS COUNTY
WELLS FARGO BANK, N.A.,
SUCCESSOR BY MERGER
TO WACHOVIA MORTGAGE, FSB,
FORMERLY KNOWN AS
WORLD SAVINGS BANK, FSB;
Plaintiff(s) vs. RAYMON
MCADAM A/K/A RAYMOND
MCADAM, et al; Defendant(s)
Attorney(s) for Plaintiff(s):
ROSICKI, ROSICKI & ASSOCIATES, P.C.,
2 Summit Court, Suite 301,
Fishkill, New York, 12524,
845.897.1600

Pursuant to judgment of foreclosure
and sale granted herein or about
November 14, 2016, I will sell at
Public Auction to the highest bidder
at the QUEENS COUNTY SUPREME
COURT, located at 88-11 SUPHIN
BOULEVARD, JAMAICA, NEW YORK,
IN COURTROOM #25. On March 23,
2018 at 10:00 a.m. Premises
known as 94-22 110TH STREET,
RICHMOND HILL, NY 11419
Block: 09393 Lot: 0016

ALL that certain plot, piece or
parcel of land with the buildings
and improvements thereon erected,
situate, lying and being in the
Borough of Queens, County of
Queens, City and State of New York.

As more particularly described in
the judgment of foreclosure and
sale. Sold subject to all of the terms
and conditions contained in said
judgment and terms of sale.

Approximate amount of judgment

\$372,631.75 plus interest and costs.

INDEX NO. 707788/2015

Luther V. Dye, Esq., Referee

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS
U.S. BANK TRUST, N.A.,
AS TRUSTEE FOR LSF9
MASTER PARTICIPATION
TRUST, Plaintiff - against -
CHRISTOPHER MACKAY, et
al Defendant(s) Pursuant to
a Judgment of Foreclosure
and Sale entered on January
18, 2018. I, the undersigned
Referee will sell at public
auction at the Queens County
Supreme Courthouse,
88-11 Suphin Boulevard,
Court Room # 25, Jamaica,
N.Y. on the 23rd day of
March, 2018 at 10:00 a.m.
premises described as follows:

All that certain plot, piece or
parcel of land, with the buildings
and improvements thereon
erected, situate, lying and being
in the First Ward of the
Borough of Queens, County of
Queens, City and State of New York.
Said premises known as 50-11
39th Place, Sunnyside, N.Y.
11104. (Block: 209, Lot: 31)

Approximate amount of lien
\$131,627.31 plus interest and
costs. Premises will be sold
subject to provisions of filed
judgment and terms of sale.

Index No. 705192/2014

Gregory M. LaSpina, Esq., Referee

Fein Such & Crane, LLP

Attorneys for Plaintiff

28 East Main Street, Suite 1800

Rochester, New York 14514

(585) 232-7400

Approximate amount of lien
\$530,932.02 plus interest and
costs. Premises will be sold
subject to provisions of filed
judgment and terms of sale.

Index No. 21212-13.

David Dikman, Esq. Referee

Fein, Such & Crane, LLP

Attorneys for Plaintiff

28 East Main Street, Suite 1800

Rochester, N.Y. 14614

LEGAL NOTICES

NOTICE OF SALE

SUPREME COURT
COUNTY OF QUEENS,
U.S. BANK NATIONAL ASSOCIATION,
NOT IN ITS INDIVIDUAL CAPACITY
BUT SOLELY AS TRUSTEE
FOR THE RMAC TRUST
SERIES 2012-1T, Plaintiff, vs.
HORTENSE V. MANBAUMAN
A/K/A HORTENSE MANBAUMAN, ET AL.,
Defendant(s). Pursuant to a
Judgment of Foreclosure and Sale
duly filed on December 22, 2017,
I, the undersigned Referee will
sell at public auction at the
Queens County Supreme Court,
88-11 Suphin Boulevard, Jamaica,
NY 11435, Courtroom #25 on
March 30, 2018 at 10:00 a.m.,
premises known as 118-17
197th Street, Saint Albans, NY.
All that certain plot, piece or parcel
of land, with the buildings and
improvements thereon erected,
situate, lying and being in the
Borough of Queens, County of
Queens, City and State of New York,
Block 12622 and Lot 58.

Approximate amount of judgment
is \$453,234.13 plus interest and
costs. Premises will be sold subject
to provisions of filed Judgment
Index # 702748/14.

David S. Dikman, Esq., Referee
Knuckles, Komosinski & Manro, LLP
565 Taxter Road, Ste. 590
Elmsford, NY 10523
Attorneys for Plaintiff
Cash will not be accepted.

NOTICE IS HEREBY GIVEN

that a license, Serial # 1308728, for
Wine & Beer has been applied for
by the undersigned to sell Wine &
Beer at retail under the Alcoholic
Beverage Control Law at 37 39
Christopher St., New York, NY
10014. New York County, for on
premise consumption. Lamano
West Village LLC.

NOTICE IS HEREBY GIVEN

that a license, Number Pending,
for Restaurant Wine has been
applied for by the undersigned
to sell Wine, Beer & Cider at
retail in a Restaurant under the
Alcoholic Beverage Control Law
at 570 Lexington Ave., Booth # 106,
New York, NY 10022. New York County,
for on-premises consumption.
Dorado570, LLC d/b/a Dorado
Tacos & Quesadillas

NOTICE IS HEREBY GIVEN

that a license, Number 1308064,
for Restaurant Wine has been
applied for by the undersigned
to sell Wine, Beer & Cider at
retail in a Restaurant under the
Alcoholic Beverage Control Law
at 217 Smith St., Brooklyn, NY
11201. Kings County, for on
premises consumption. Portal
Latino Restaurant Inc.

NOTICE IS HEREBY GIVEN

that a license, Serial # 1308595,
for Liquor, Wine & Beer has
been applied for by the
undersigned to sell Liquor,
Wine & Beer at retail under the
Alcoholic Beverage Control Law
at 644 Franklin Ave., Brooklyn,
NY 11238. Kings County, for
on premise consumption.
Free House LLC.

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**HUSBAND & WIFE**

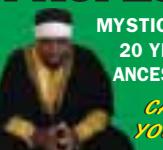
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Across

1 Lauder rival
5 Tavern brews
9 Is on the team
14 Dull pain
15 Big jerk
16 Variety show
17 Flake off, as paint
18 Neutral color
19 Work by Rousseau
20 Marsh birds
22 Cloth-bound book
24 Encroachments
26 Well, in Grenoble
27 Charleston's st.
28 Discussing casually
32 Gone to bed
35 Besides
36 Decent grade
37 Dull sound
38 Wire measure
39 Military post
40 Actor – Kilmer
41 Warbled
43 Kampala's land
45 Window-washing aid
47 None at all
48 Hoax
49 Rifle through
53 Battery part
57 Stone marker
58 Strong silent type?
59 "Candy is dandy" poet

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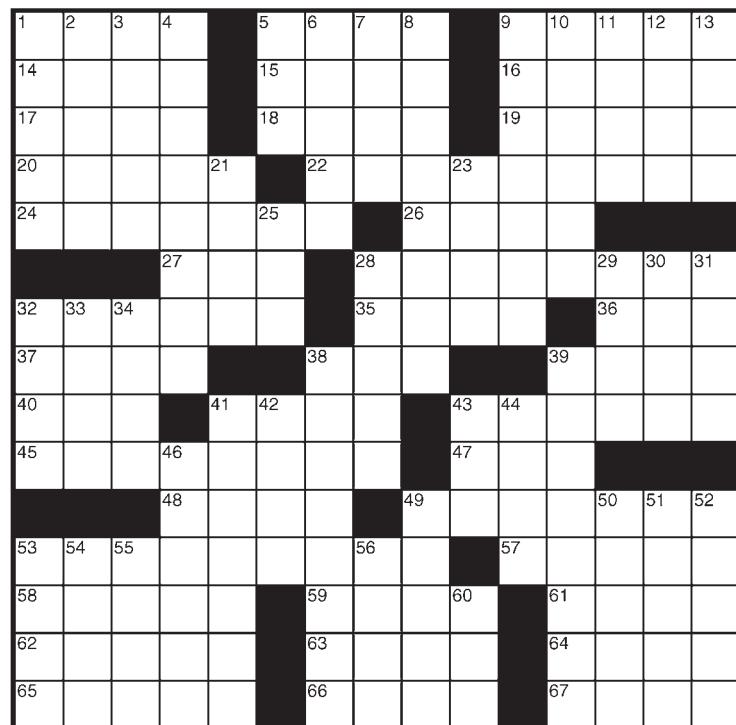
61 Caller's code
62 Flashlight carrier
63 Part of a list
64 Edict
65 Puts on exhibit
66 Stoic philosopher
67 Marshes

DOWN

1 Blue Grotto isle
2 Body of water
3 His and hers
4 Got dingy
5 Mr. Vigoda
6 Lomond and Ness
7 Mr. Cornell
8 Piece of tart candy
9 Come before
10 Tart
11 Tel --
12 Winter festival

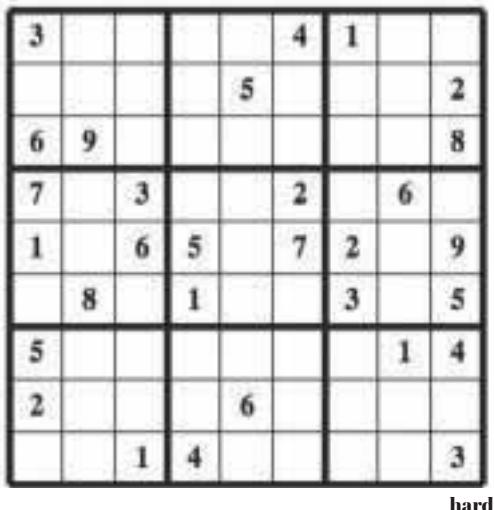
13 Tarot reader
21 Squirrel away
23 Tumults
25 Drop bait on water
28 Light brown
29 Holy image
30 Inelegant one
31 -- grip!
32 Off-road getabouts
33 Hoops nickname
34 Corker
38 Memory trigger
39 Shakespeare's fat jovial knight
41 Zones
42 Thickening agent
43 Acapulco article
44 Processes cotton
46 Forgo
49 Put back to zero
50 Cliffside abode
51 Make spotless
52 Romantic poet
53 Down Under birds
54 Fasten securely
55 Nymph who pined away
56 Computer fodder
60 Medical care gp.

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metro.us/sudoku

easy



hard



metro.us/horoscopes

Aries Physical activity will help ease stress and give you time to rethink your position on bothersome matters regarding your personal finances or job. Don't speak out in haste.



Taurus Share your feelings with someone you care about. Making plans that will lead to a better understanding of your intentions will benefit you and put your mind at ease.



Gemini Stick to the script and be honest about your concerns. Transparency will make a difference to a situation that concerns you. Play fair, remain calm and avoid chaos.



Cancer Put more creative energy into whatever job you are given. The success you have will lead to new opportunities. Express your ideas to get positive feedback.



Leo Keep an open mind, but don't let someone entice you into indulging in something that's not good for you. Use your intelligence and focus on fitness, diet and good health.



Virgo Make changes to the way you live or alter your surroundings to encourage working on improving your skills and knowledge. The outcome will boost your earning capability.



Libra Learn from experience and avoid making the same mistake twice. Avert domestic problems by keeping your suggestions positive. An upbeat attitude will pay off.



Scorpio Put your best foot forward when it comes to self-improvement. Don't let criticism hold you back or stop you from fulfilling your dreams. Be true to yourself and your beliefs.



Sagittarius Put your energy into following a creative pursuit or something that will help you improve your living arrangements. Question anyone you feel is withholding information.



Capricorn A chance to do something different or to expand your skills at work looks promising. You'll get the response you've been waiting for from someone you admire.



Aquarius Someone being emotionally manipulative will throw you off guard. Back away from anyone displaying coercive or erratic behavior in an attempt to take advantage of you.



Pisces Know what you want and be willing to fight for it. Don't give in to criticism or anger. Make decisions based on your needs. Put the past behind you. **EUGENIA LAST**

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